



**CITY OF GREENSBORO  
FOR IMMEDIATE RELEASE**

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### **Kids for Trails Triathlon to be held at Bur-Mil Park**

GREENSBORO, NC -- (August 23, 2010) -- Greensboro Parks & Recreation's Trails and Greenways staff is teaming up with Earth Fare to host Greensboro's first Kids for Trails Triathlon on Sunday, September 19 at Bur-Mil Park. The triathlon is open to ages 7-14 and will include swimming, running and biking.

The race will begin at 8 am and packets can be picked up at 7 am. The registration fee is \$10, if received before September 10, and \$15 if received September 11-17. Proceeds will benefit the Greensboro trails system. Participants can register online at [www.greensborotrails.org](http://www.greensborotrails.org). Onsite registration will not be available on the day of the event.

Other family-friendly activities will also be held during the race. After the event, participants will have an opportunity to tie-dye a triathlon t-shirt while waiting for the awards ceremony with great prizes, donated by event sponsors.

For more information, call the Trails and Greenways office at 336-373-3816.

To learn more about the year-round programs and facilities of the Greensboro Parks & Recreation Department, please call 336-373-2574, visit online at [www.greensboro-nc.gov/leisure](http://www.greensboro-nc.gov/leisure), become a fan on Facebook or follow us on Twitter at "GSOleisure."

*The Greensboro Parks & Recreation Department is nationally-accredited and a three-time winner of the National Gold Medal Award for excellence in park and recreation management.*

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The City works with the community to improve the quality of life for residents through inclusion, diversity, and trust. As the seventh largest employer in Greensboro, the City has a professional staff of 2,800 employees, who maintain the values of honesty, integrity, stewardship, and respect. The City is governed by a council-manager form of government with a mayor and eight council members. For more information on the City, visit [www.greensboro-nc.gov](http://www.greensboro-nc.gov) or call 336-373-CITY (2489).